

My Food Timeline



Breakfast
Coffee w/ skim Milk
One egg
English muffin w/ 2
tbsp. black olive
spread



Breakfast
Coffee with Skim Milk
Whole Wheat Waffles with 1/4
cup blueberries



Lunch
Chicken and Rice
Soup
Tuna Fish Sandwich
Water



Breakfast
Coffee with Skim Milk
Multigrain Bagel with 2 Tbsp
of Black Olive Spread
6 oz Strawberry-Banana
yogurt



Breakfast
Hot Tea
Hot Oatmeal in Skim
Milk
1 slice whole
Multigrain Toast with 1
tsp tub margarine



Lunch
Panda Express fried rice
Sweefire chicken
1 bottle of Sprite



Dinner
Chicken Breast 6 oz
Red Bliss Potato Soup
Broccoli
Water



Lunch
Lean Ham Sandwich
Chicken and Rice Soup
Water



Snack
1 McDonald
breakfast
sausage burrito
with 1 tube of
hot sauce

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Snack
Banana

T



Breakfast
Hot Tea
Multigrain Cereal with
Skim Milk and Bananas
1 slice Whole Multigrain
Toast with 1 tsp tub
margarine



Lunch
Lean Turkey Sandwich
with 1 Tbsp Tuscany
Italian Dressing
Tomato Basil Soup
Water



Dinner
Salmon 4 oz.
Spinach
Red Bliss Potato Soup
1 cup water, coffee, or
tea

W



Dinner
Beef
Mixed Vegetables
Collard Greens
1 cup water, coffee,
or tea



Lunch
Lean Turkey Sandwich with
1 Tbsp Tuscany Italian
Dressing
Tomato Basil Soup
Water



Dinner
Chicken Breast 6oz.
Red Bliss Potato Soup
Broccoli
1 cup water, coffee, or tea

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Snack
Banana

F



Dinner
Lamb Stew Meat
Corn
French Style Green
Beans
1 cup water, coffee, or
tea